

WHAT.



ア完目

I
WON'T
LOSE
TO
WEIGHT-
ING.

I'LL
MAKE
MY
BODY
STRON-
GER!!

柚木涼太



WHEN YOU'RE NERVOUS,
THAT MUSCLE SHOULD TIGHTEN

SO IF YOU ARE NERVOUS
AND IT DOESN'T, THAT MEANS

THE MUSCLES AREN'T
WORKING PROPERLY



I NOTICED DURING OUR LAST LIVE SHOW,

WHEN YOU'RE TRYING TO HOLD OUT
GOING TO THE TOILET,
YOU USE THE MUSCLES
IN YOUR CROTCH



You don't need to worry about leaking
any more



AND WITH THAT,
MUSCLE
TRAINING
IS OVER

THEN
IT'S
PROBABLY
BEST TO DO
IT IN FRONT
OF A
MIRROR

I
DON'T
REALLY
UNDERSTAND
WHAT THAT
MEANS
BUT I
WANT
TO BE
CLUNCHED

Z
E

SOU-
JIROU, LOOK
AWAY.

SO,
BACH-
GALLY,

NNN

UH,
FIRST
IS

CLENCH
FOR FIVE
SECONDS,
THEN RELAX
FOR FIVE
SECONDS,
FOR ONE
SET OF TEN
REPETI-
TIONS.

DO
THIS
...

!!!



AND CONCENTRATE ON HOW THE MUSCLE HERE FEELS

AH!

Aa

U-

YAH

HERE, GLEBBINCH-

WOULD IT BE EASIER TO UNDERSTAND IF I PUT A FINGER OR SOMETHING BETWEEN THERE?

FAILURE

I'M SORRY!!

BUT I'M REALLY BAD WITH EXERCISES, SO

IF IT'S BECAUSE I DON'T HAVE ENOUGH STRENGTH

IF YOU'RE NOT OKAY WITH THIS, KAREN-CHAN, YOU SHOULDN'T PUSH YOURSELF

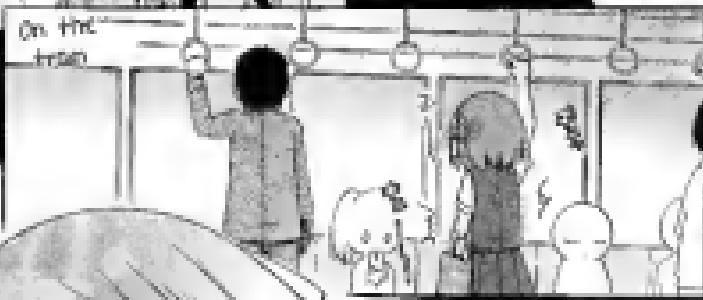


PERIOD THAT SEEMS LIKE IT SHOULD BE EFFECTIVE SO...
I'LL DO MY BEST!!

I'M SORRY, KAREN-CHAN!

DON'T WORRY ABOUT IT.

WHAT ARE YOU DOING !?



I CAN
DO THIS
SORT OF
MUSCLE
TRAINING
ANY-
WHERE!!

--THEN, A FEW DAYS LATER...





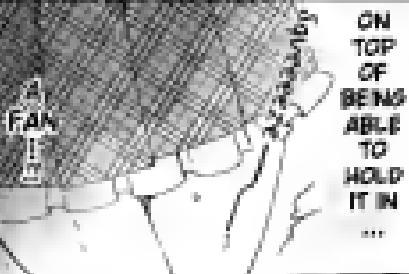
IT
STOP-
PED
!!!





YOUR
ALL-
OUT
PERFOR-
MANCE
REALLY
MOVED
ME
...

GOOD
LUCK
FROM
HERE
ON
OUT!!



Y-YES,
I'D BE
HAPPY
TO
...

UH-
UH...
WOULD
IT BE
OKAY IF
I COULD
SHAKE
YOUR
HAND?





Primary Effects of Kegal Exercises
(PC Training)

- ① Greater control over urinary incontinence
- ② Less chance of incontinence during childbirth
- ③ Lower sexual arousal

WHY
...?

② Less

Easier sexual arousal



OH GOD
I'M SO
SORRY
!!

SINCE
I'M
COVERED
IN
WATER,
NOBODY
CAN TELL
--!!

I WET
MYSELF
A
LITTLE,
BUT
...

IT'S
OKAY

NO
L
?



WITH ONLY THIS MUCH WATER ON ME, IF I LEAK TOO MUCH, I'LL BE FOUND OUT...!!

ALRIGHT,
YOU THERE, YOUNG MAN!

AS A SPECIAL COMMEMORATIVE CD LAUNCH BONUS, YOU CAN SPRAY HER TO YOUR HEART'S CONTENT.

WHAT KIND OF BONUS IS THAT!?

IF YOU DON'T, MY BOSS WILL YELL AT ME (LYING)

C'MON, DO IT

U-SUM

NO, BUT-

LUU

C'MON, HURRY UP!

KEN-CHAN

TH...
THEN

PLEASE
EX-
CUSE
ME!

140
150

h
m







IT'S
COM-
ING
OUUU
UUT!!

IT'S
COMING
OUT!

♥

Arh!
I
can't

It's
out



PEEING

...
FEELS
REALLY
GOOD
...!!



THE
NEXT
DAY





Desperate Leaf Scans

TRANSLATOR:

RAGDOLL - <http://www.ragdoll.com/translation/>

TYPOGRAPHY:
RAINY DAY

CLEANING
SOLUS

RAGDOLL
AND TRANSLATIONS
<http://www.ragdoll.com/translation/>



<http://desperatleaf.com/>